

# THE Regal Heights Messenger

October 2018, Volume II, Issue X

REGAL HEIGHTS  
HEALTHCARE & REHABILITATION  
CENTER

A Member of NATIONWIDE  
HEALTHCARE SERVICES

## MEET OUR DEPARTMENT LEADERS

- |  |  |
|--|--|
| ■ <b>Cassandra Lor</b><br><i>Administrator</i>               | ■ <b>Jo Ellen Chelsa</b><br><i>Social Services</i>           |
| ■ <b>Susan Ricciardi</b><br><i>Admissions</i>                | ■ <b>Mary Lutri</b><br><i>Social Services</i>                |
| ■ <b>Michelle Domenici</b><br><i>Director of Nursing</i>     | ■ <b>Nico Zaballero</b><br><i>Activities Director</i>        |
| ■ <b>Penny Ikner</b><br><i>Assistant Director of Nursing</i> | ■ <b>Claudia McFarland</b><br><i>Business Office Manager</i> |
| ■ <b>Kristin Zaballero</b><br><i>Rehab Director</i>          | ■ <b>John Taylor</b><br><i>Maintenance Director</i>          |
| ■ <b>Amanda Lentz</b><br><i>Dietitian</i>                    | ■ <b>Tyrone Wimes</b><br><i>Food Service Director</i>        |

## Resident of the Month: Donna Brown

Donna Brown was born in Wilmington, DE, and has been a part of the Regal Heights family for many wonderful years. Donna loved her job as a house cleaner, but in her spare time, she loves to play bingo. She has 4 children, 7 grandkids, and 4 great-grandchildren. Donna's food choice is pastas of many kinds. A message from Donna to all is "Wish 'em all luck!"

## Employee of the Month: Jineen Moore

Jineen Moore has been an outstanding part of the Regal Heights family for 5 months. She has 4 kids! Jineen always comes to work with a smile on her face and a hardworking attitude. She is very down to earth and always willing to help her coworkers. She is very humble, and enjoys fried chicken and chocolate chip cookies for dessert. Jineen Moore has been an amazing asset to the Regal Heights family and we appreciate all that she has offered to our team! Her favorite saying is "Relax."

## From Our Administrator

Hello residents, staff, and friends,

As we bid the summer season adios, the fall/autumn season is kicking into full gear. Fall is my favorite season; besides the fashion wear, I look forward to the leaves turning their beautiful shades of color. With the changes in the length of daylight and temperature, the chlorophyll breaks down, the green color of the leaves disappears, and the yellow, purple, brown, red and orange leaf colors become more apparent. This gives the fall season colorful and spectacular scenery.

At Regal Heights, there are many exciting events happening in October. In addition to the regular restaurants and shopping outings, our Therapeutic Recreation Department kicks it in high gear for a friendly pumpkin decorating contest for all departments to participate. Then the Regal Heights team, "Team Remember Me" will participate in the Walk to End Alzheimer's on October 20, 2018 at the Wilmington River Front. Lastly, we end the month with the Regal Heights Annual Haunted House event, and the Halloween Trick or Treat event with Kindercare Day Care. Please come and celebrate the festivities with us. Happy Halloween!!

Thank you,

**Cassandra Lor**

*Administrator, Regal Heights Healthcare & Rehabilitation Center*



NEWARK SENIOR CENTER  
CHOIR GROUP



MEN'S CLUB VICTORY BREWERY  
BUS TRIP










ELDERWARE CLOTHING SALE



MS. CLAUDIA MCFARLAND AND  
MR. TONY ZAVARELLI DANCING



## October

Sun	Mon	Tue	We
	<b>1</b> 10:30 Expressions (CR) 2:30 Bell Choir Group (CR) 7:00 Bingo (CR)	<b>2</b> 10:30 Rosary (CR) 12:00 River Front River Tour Bus Trip 2:30 Women's Outreach (B) 7:00 Evening Baking (CR) 	<b>3</b> Pumpkin D Contest 10:30 Expression 10:30 Bible Stud 2:30 Baubles and 5:00 Bon Appetit
<b>7</b> 10:30 Chat and Chew (CR) 10:30 Horse Racing Game (H) 2:00 Hymns with Alma (CR) 2:30 Hockessin United Church (CR) 2:30 Expressions (B)	<b>8</b> 10:30 Expressions (CR) 2:30 Bell Choir Group (CR) 7:00 Bingo (CR)	<b>9</b> 10:30 Perkins Eastburn Bus Trip 10:30 Catholic Mass (CR) 2:30 Women's Outreach (CR) 7:00 Evening Baking (CR)	<b>10</b> 11:00 Let's Get 10:30 Bible Stud 2:30 Baubles and 7:00 Meal Plann
<b>14</b> 10:30 Chat and Chew (CR) 10:30 Horse Racing Game (H wing) 2:00 Hymns with Alma (CR) 2:30 New Destiny Fellowship Church (CR) 2:30 Expressions (B) 	<b>15</b> 10:30 Expressions (CR) 2:30 Bell Choir Group (CR) 7:00 Bingo (CR)	<b>16</b> 10:30 Dollar Store Bus Trip 10:30 Rosary (CR) 2:30 Women's Outreach (CR) 7:00 Evening Baking (CR)	<b>17</b> 10:30 Expression 10:30 Bible Stud 2:00 Crochet Gro 5:00 Bon Appetit
<b>21</b> 10:30 Chat and Chew (CR) 10:30 Horse Racing Game (H wing) 2:00 Hymns with Alma (CR) 2:30 Voices of Truth Church Services (CR) 2:30 Expressions (A)	<b>22</b> 10:30 Expressions (CR) 2:30 Bell Choir Group (CR) 7:00 Bingo (CR)	<b>23</b> 10:30 Famous Dave Bus Trip 10:30 Rosary (CR) 2:30 Women's Outreach (B) 7:00 Evening Baking (CR) 	<b>24</b> 2:00-3:30 Annu Heights Healthc House Event (C 
<b>28</b> 10:30 Chat and Chew (CR) 10:30 Word Games (H wing) 2:30 Expressions (B) 2:00 Hymns with Alma (CR) 2:30 St. Andrews and Matthews Church Services (CR)	<b>29</b> 10:30 Expressions (CR) 2:30 Bell Choir Group (CR) 7:00 Bingo (CR) 	<b>30</b> 10:30 Wal-Mart Trip 10:30 Rosary (CR) 2:30 Women's Outreach (CR) 7:00 Evening Baking (CR)	<b>31</b>  Halloween Costum 10:30 Halloween T Event (Around Fac 11:30 Kids Lunche 2:00 Halloween Pa Ranni (CR) 7:00 Open Recreati











# Activity Calendar

A Member of  
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HEALTHCARE  
SERVICES**

## October 2018



Wed	Thu	Fri	Sat
 Decorating Display on (CR) y Group (H) d Beads (B) t (CR)	<b>4</b> 10:00 Food for thought (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)	<b>5</b> 10:30 Men's Group (CR) 2:00 Happy Hour w/ Rob Carroll (CR)	<b>6</b> 10:30 Team Games (CR) 10:30 Hot Topic (C wing) 2:30 Expressions (A wing) 2:00 Bingo (CR)
Crafty (CR) y (H) d Beads (B) ing (CR)	<b>11</b> 10:30 Living Word Church Service (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR) 	<b>12</b> 10:30 Hospitality Cart w/ Trina 2:00 Happy Hour w/ Frank & Michelle (CR) 	<b>13</b> 10:30 Team Games (CR) 10:30 Hot Topics (C wing) 2:00 Bingo (CR) 2:30 Expression (B wing)
n (CR) y Group (H) up (CR) t (CR)	<b>18</b> 10:00 Food for Thought CR) 11:00 Alzheimer's Purple Bake Sale (ML) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)	<b>19</b> 10:30 Men's Group (CR) 2:00 Happy Hour w/ Mr. Jerry Trecroce (CR) 	<b>20</b> 10:30 Family Life Church (CR) 10:30 Hot Topics (C wing) 2:00 "Any Old Time" (E) 2:00 Bingo (CR) 2:30 Expressions (A wing)
al Regal are Haunted (R) 	<b>25</b> 10:30 Living Word Church Service (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)	<b>26</b> 10:30 Hospitality Cart w/ Trina 10:30 Men's Group (CR) 2:00 Happy Hour w/ Ms. Shari McCarthy (CR)	<b>27</b> 10:30 Table Games (CR) 10:30 Hot Topics (C wing) 2:00 "Any Old Time" (E) 2:00 Bingo (CR) 2:30 Expressions (A wing)
e Contest rick or Treat ility) on (CR) ty with Fulvio on (CR)			



# OCTOBER FUN FACTS

## BIRTHDAYS

Mary Mazzarelli • 10/1  
 Helena Millie • 10/8  
 Denise Morehead • 10/10  
 Lakisha Watson • 10/15  
 Loretta Dobbins • 10/18  
 Judith Fox • 10/18  
 Barbara Saunders • 10/22  
 Carolyn Gray • 10/25  
 Barbara Szewczyk • 10/26  
 George Curtin • 10/29  
 Allen Brown • 10/31

## STAFF ANNIVERSARIES

June Chandler • 39 Years  
 Valerie Evans • 33 Years  
 Bobbette Pryce • 19 Years  
 Frances Verucci • 18 Years  
 Rhonda Benjamin • 11 Years  
 Veronica Dennison • 11 Years  
 Jesse Morgado • 11 Years  
 Susan Ricciardi • 10 Years  
 Michelle Domenici • 4 Years  
 Karin Morengo • 4 Years  
 Carolyn Bleil • 3 Years  
 Ruth Maguta • 3 Years  
 Todd McCarron • 2 Years  
 Amanda Sparkman • 2 Years  
 Eegunia Sebuabe • 1 Year  
 Robin Ball • 1 Year



The first Jack-o-Lanterns were made in Ireland out of hollowed-out turnips. A piece of coal was inserted into the hollow and the "lantern" was meant to guide the way of poor old Jack who wasn't welcome in Heaven but was also barred from entering Hell for tricking the devil. According to legend, the devil gave this crude lamp to Jack so that he could walk the earth forever in limbo. When the Irish brought this tradition to America, they apparently decided that pumpkins were easier to carve than turnips, and the modern-day Jack-o-Lantern was born!



Although there are many theories on the origin and history of Halloween, it is generally accepted that Halloween dates back to an ancient Celtic festival known as Samhain, or the Celtic New Year. It was believed that the spirits of everyone who had died during the year would return on the eve of Samhain to seek living bodies to possess for the following year. The Celts would dress in ghoulish costumes and hold noisy revels in an attempt to frighten away these spirits. Food and drink was also offered to pacify the dead. There are many tales of unfortunate souls being burned at the stake because they were perceived to have been possessed by one of the returning spirits. Around the turn of the first century AD, Romans abandoned this custom of human sacrifice in favor of the burning of effigies.



Bobbing for apples is a traditional Halloween game in which a tub or large basin is filled with apples and water. Because apples are less dense than water, they will float at the surface. Players then try to catch one with their teeth.

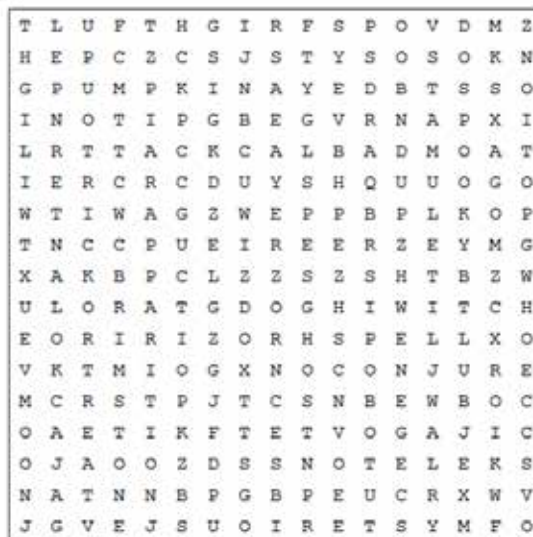


According to tradition, salt can be laid around the boundaries of a room to prevent spirits and demons from entering.

## HALLOWEEN WORD SEARCH



Happy Halloween



AMULET  
 APPRIATION  
 BATS  
 BLACK CAT  
 BOO  
 BRIMSTONE  
 CRACKLE  
 CAULDRON  
 COBWEB  
 CONJURE  
 EERIE  
 FRIGHTFULL  
 GHOST  
 GOOSE BUMPS  
 JACK-O-LANTERN  
 MOON  
 MYSTERIOUS  
 PHANTOM  
 POTION  
 PUMPKIN  
 SKELETON  
 SPELL  
 SPOOKY  
 TRICK OR TREAT  
 TWILIGHT  
 WITCH

